Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

9/50

# IMPRESSIVE SPEECHES
# PHILOSOPHICAL SONGS
# INSPIRING SANKIRTANS

LIBRARY
No. 246 9/50
Shri Shri Ma Anandamayee Ashram
BANARAS

THROUGH
GRAMOPHONE RECORDS

by

*Swami Sivananda*

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

LIBRARY
No 216 9/50
Shri Shri Ma Anandamayee Ashram
BANARAS

SWAMI SIVANANDA
"ANANDA KUTIR"

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

CC0. In Public Domain. Sri SA Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

*The "Divine Life" Series Vol. III—No. 7.*

# INSPIRING SPEECHES
AND
# PHILOSOPHICAL SONGS

**(Through 13 Gramophone Records)**

*by*

SWAMI SIVANANDA
*President, Divine Life Society.*

9/50

**THIS PAMPHLET IS PRINTED**

***FOR FREE DISTRIBUTION***

**On the Occasion of the Divine Life Sadhan**
**DECEMBER 1940**

---

*Published by*

**THE DIVINE LIFE SOCIETY,**
Ananda Kutir Post. RIKHIKESH.

CC0. In Public Domain. Sri Swami Sivanandamay[illegible] Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

# PREFACE

To disseminate quickly spiritual knowledge, Sankirtan Bhakti and the knowledge of Yoga and to enable the people to learn the correct tune of songs and Dhwanis and to serve them as a definite means of positive Sat-sangh, Sri Swamiji Maharaj has given his inspiring, soul-stirring speeches, Bhajan and philosophical songs in English, Sanskrit and Hindi through 13 Gramophone Records. The gist of Karma Yoga, Bhakti Yoga, Raja Yoga and Vedanta and the six schools of philosopy is given in these songs. This is indeed a novel and potent way of spreading spirtual knowledge. Sri Swamiji Maharaj says :

"Life is very very complex in these days. The struggle for existence is very keen. Man finds no time to study big philosophical and religious books. Here is a compressed sugar-coated Yoga tablet or philosophical or spiritual pill for you all in the form of Gramophone Records, for easy assimilation and ready absorption. Hear the songs just before going to bed and in the early morning, Brahma Muhurta. You will enjoy supreme Peace and highest Bliss. This will be a sort of Swadhyaya or study of religious books and meditation. You will slowly lead a divine life. You will be free from horrible dreams. Your mind will be filled with Sattva. You will develop

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



balance of mind, inner spiritual strength and strong will gradually. There will be an inner urge to lead a spiritual life. This is constant Sat-sangh for you even in the busy world of noise, strife and turmoil. You need not run hither and thither in search of Yogis. You will save much money. Live in the spirit of these teachings and attain Moksha or emancipation in this very birth."

Each plate costs Rs. 2/4/- 3/- Forwarding charges are extra. Clearly state the Record Numbers and send M. O. for the cost of the plates. The forwarding charges will be recovered through V. P. P.

*Can be had from—*

**1. Sri Swami Kaivalyananda, 8/4 Western Street Calcutta.**

*Or*

**2. The Hindustan Musical Products Syndicate Ltd., 6/1 Akrur Dutt Lane, Bowbazar, Calcutta.**

ANANDA KUTIR,
RIKHIKESH
Dist. Dehra Dun
*26th November, 1940.*

*Secretary,*
The Divine Life Society.

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

# INSPIRING SPEECHES
# SONGS AND SANKIRTAN

OF

## SRI SWAMI SIVANANDA
## Through 13 Gramophone Records

**PRICE**

EACH RECORD RS. ~~2/4~~ 3/-

**Remit the cost of plates and clearly mention the Numbers of the Records required. Packing and postage will be recovered through V. P. P.**

---

*Apply to :*

**SRI SWAMI KAIVALYANANDA**
**No. 8/4 Weston Street,**
**CALCUTTA**

*or*

**THE HINDUSTAN MUSICAL PRODUCT SYNDICATE, LTD.,**
**6/1, Akrur Dutt Lane, Bowbazar, CALCUTTA.**

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

LIBRARY
No. 9/50

## CONTENTS


| | Record No. | Particulars | Page |
|---|---|---|---|
| 1. | HSB/2712 | "Thy real Nature" (Speech) | ... 6 |
| | HSC/2717 | Maha Mantra Kirtan | ... 7 |
| 2. | HSB/2714 | Bhakti Yoga (speech) | ... 8 |
| | HSB/2716 | Ramadhwani Laghe Kirtan | ... 9 |
| 3. | HSB/2713 | Self Realisation (speech) | ... 10 |
| | HSB/2720 | Govinda Jeya Jeya Kirtan | ... 11 |
| 4. | HSB/2715 | Divine Life (speech) | ... 12 |
| | HSB/2722 | Song of Prem | ... 14 |
| 5. | HSB/2718 | Song of Chidanand | ... 14 |
| | HSB/2721 | Song of Panduranga | ... 15 |
| 6. | HSB/2719/2 | Son of Instructions | ... 16 |
| | HSB/2724 | Song of Kanniah | ... 17 |
| 7. | HSB/2725 | Song of a Karma Yogin | ... 18 |
| | HSB/2723 | Song of Divine Life | ... 19 |
| 8. | HSB/2726 | Song of Immotality | ... 20 |
| | HSB/2727 | Narayanam Bhaje Kirtan | ... 22 |
| 9. | HSB/2738 | Yajnavalkya Maitreyi Samvad | ... 23 |
| | HSB/2740 | OM Chanting and Kirtan | ... 25 |
| 10. | HSB/2742 | Song of Agada Bhum | ... 25 |
| | HSB/2746 | Siva Nama Kirtan | ... 26 |
| 11. | HSB/2739 | Raja Rama Kirtan | ... 26 |
| | HSB/2745 | Song for developing will | ... 27 |
| 12. | HSB/2741 | Song of Bliss | ... 29 |
| | HSB/2747 | Song of Arathi | ... 29 |
| 13. | HSB/2743 | Song of Upanishads | ... 30 |
| | HSB/2744 | Song of Nandalal | ... 31 |


CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

# Speeches and Philosophical Songs

## Through Gramophone Records

**Record No. HSB/2712 & HSB/2717**

I

## SPEECH ON : THY REAL NATURE

(HSB/2712)

OM OM OM

Beloved Immortal Self,

Religion is faith for knowing and worshipping God. It is not a matter for discussion on a club table. It is the perception and realisation of the True Self. It is the fulfilment of the deepest craving in man. Therefore hold Religion as the goal of your life. Live every moment of your life for its realisation. Life without religion is real death.

Analyse your thoughts. Scrutinize your motives. Remove selfishness. Calm the passions. Control the Indriyas. Destroy egoism. Serve and love all. Purify your heart. Cleanse the dross of mind. Hear and reflect. Concentrate and meditate. Attain Self-realisation.

There is something dearer than wealth, there is something dearer than your wife. There is something dearer than your children. There is something dearer than your life itself. That dearest something is Thy Own Self (Atma), Inner Ruler (Antaryamin),

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Immortal (Amritam). This Immortal Self can be realised by incessant practice of meditation.

He Saumya ! Dear Immortal Self ! Be bold. Be cheerful, even though you are in the role of unemployment, though you have nothing to eat, though you are clad in rags, thy essential nature is Sat-chit-ananda. The outer cloak, this mortal physical sheath is an illusory production of Maya. Smile, whistle, laugh, jump, dance in joy and ecstasy. Sing OM OM OM ! Ram Ram Ram ! Come out of this cage of flesh. Thou art not this perishable body. Thou art Immortal Soul. Thou art sexless Atma. Thou art that Atma who dwells in the chambers of your heart. Act as such. Feel as such. Claim your birth-right, not from tomorrow or the day after, but right now from this very second. "Tat Twam Asi" Thou art That. Feel. Assert. Recognise. Realise, my beloved Ram.

Find out your centre. Dwell always in this centre. This centre is the abode of supreme Bliss and eternal sunshine. This centre is the Param Dhama or Paramamgati or Supreme goal. This centre is your sweet original Home, the abode of Immortality and fearlessness. This centre is Atma or Brahman. This is the Imperishable Brahmic seat of ineffable splendour and glory.

## KIRTAN : MAHAMANTRA

(HSB/2717)

"Hare Rama Hare Rama Rama Rama Hare Hare ;
Hare Krishna Hare Krishna Krishna Krishna
Hare Hare."

---

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



II

**Record No. HSB/2714 & HSB/2716**

## SPEECH ON : BHAKTI YOGA

(HSB/2714)

Hari OM ! Hari OM ! Hari OM !

Children of Light !

Bhakti is intense devotion unto the Lord. Bhakti is the basis of all religious life. Bhakti destroys Vasanas and egoism. Bhakti elevates the mind to magnanimous heights. Bhakti is the master-key to open the chambers of wisdom. Bhakti culminates in Gyana. Bhakti begins in two and ends in one. Para Bhakti and Gyana are one.

There is no virtue higher than Love, there is no treasure higher than Love, there is no Dharma higher than Love, there is no religion higher than Love, because Love is Truth and Love is God. Love, Prem and Bhakti are synonymous terms. This world has come out of Love, this world exists in Love and this world ultimately dissolves in Love. God is an embodiment of Love. In every inch of His creation you can verily understand His Love.

A life without love, faith and devotion is a dreary waste. It is a real death. Love is divine. Love is the greatest power of earth. It is irresistible. It is Love alone that can really conquer the heart of a man. Love subdues an enemy. Love can tame wild, ferocious animals. Its power is infinite. Its depth is unfathomable. Its nature is ineffable. Its

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



glory is indescribable. The essence of religion is love. Therefore develop pure love.

Kindle the light of love in your heart. Love all. Include all creatures in the warm embrace of your love. Cultivate Viswa Prem or all-embracing, all-inclusive cosmic love. Love is a mysterious divine glue that unites the hearts of all. It is a divine magical healing balm of very high potency. Charge every action with pure love. Kill cunningness, greed, crookedness and selfishness. The Immortal can be attained only by performing acts of kindness continuously. Hatred, anger, jealousy are removed by continuous service with a loving heart. You will get more strength, more joy, more satisfaction by doing kind acts. Practice of compassion, charitable acts, kind services, purify and soften the heart, turn the heart-lotus upwards and prepare the aspirant for the reception of divine light.

Live in Love. Breathe in Love. Sing in Love. Eat Love. Drink Love. Walk in Love. Talk in Love. Pray in Love. Meditate in Love. Think in Love. Move in Love. Write in Love. Die in Love. Taste the honey of Divine Love and become an embodiment of Love (Prem Vigraha or Prem Murthy).

## KIRTAN : RAMA DHWANI LAGHE

(HSB/2716)

Rama Dhwani Laghe, Gopala dhwani laghe
Kaise Chute Ye Rama Dhwani Laghe.

———

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



III

**Record No. HSB/2713 and HSB/2720.**

## SPEECH ON : SELF-REALISATION

(HSB/2713)

OM OM OM.

Children of Light !

Behind this world show, behind these physical phenomena, behind these names and forms, behind the feelings, thoughts, emotions and sentiments, there dwells the silent Witness, thy Immortal friend and real well-wisher, the Purusha or world Teacher, the unseen Governor or Master, the unknown Yogi, the invisible power of consciousness or hidden sage. That is the only permanent Reality and living Truth. That is Brahman or the Supreme Being or the Absolute. That is Atma. That is Self. The goal of human life is to realise the reality behind the changing phenomena. The *summum bonum* or human aspiration is to attain Self-realisation. Self-realisation alone can make you absolutely free and independent. Trust not your body, mind and the senses. Have inner spiritual life. Attain knowledge of the Self through steady devotion and discipline. Drink the nectar of Immortality, quench the flames of Samsar and allay its tortures, miseries and sorrows.

Friends ! Is there not a higher mission in life besides eating, sleeping and talking ? Is there not any higher form of eternal bliss than this transitory and illusory pleasures ? Is there not a dignified life than the sensual life ? How uncertain is life here ? How

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



insecure is our existence in this earth-plane with various kinds of fear ? How painful is this mundane life ? Should we not attempt diligently now to reach a place-the Immortal abode, your original sweet home of prestine purity and divine splendour—where there is eternal sunshine, absolute security, perfect peace and where there is neither disease nor death nor war.

Come, come become a Yogi. Come out of your narrow holes or ruts. Crush all sorts of superstitions. Aim high. To become an advocate or a doctor or an engineer or a professor is the height of your ambition. Can this give you freedom ? Can this give you eternal bliss ? Can this give you everlasting peace ? Can this make you Immortal ? Do you not like to attain perfection or Immortality ? Do you not wish to achieve the *summum bonum* of existence—Kaivalya or independence—Atma Swarajya ? Then, come, struggle for higher things. Be bold. Look not back. March forward. Enquire who am I ? Hear, reflect, meditate and realise the Atmic splendour !

OM is Sat-chit-ananda. OM is Infinity. OM is Eternity. OM is Immortality. Sing OM ! Chant OM !! Feel OM !!!

## KIRTAN : GOVINDA JEYA JEYA

(HSB/2720)

Govinda Jeya Jeya Gopala Jeya Jeya
Radha Ramana Hari Govinda Jeya Jeya.
Sankara Jeya Jeya Gopala Jeya Jeya
Uma Ramana Siva Sankara Jeya Jeya.

———

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



## IV

### Record No. HSB/ 2715 and HSB/2722.

## SPEECH ON DIVINE LIFE

(HSB/2715)

Hari OM. Hari OM. Hari OM.

Divine Life is life in God or the Immortal soul. He who leads the divine life is free from cares, worries, anxieties, misery, sufferings and tribulations. He attains immortality, perfection, freedom, independence, eternal peace, supreme bliss and perennial joy. He radiates joy, peace and light everywhere.

To lead the divine life you need not retire into forests. You can lead the divine life while remaining in the world. What is wanted is renunciation of egoism, mineness, attachment, Vasanas and Trishnas. Give the mind to God and hands to the service of humanity.

Serve the humanity with Atma Bhav. Serve the poor. Serve the sick with Narayana Bhav. Serve the society. Serve the country. Selfless service is highest Yoga. Samadhi will come by itself without any effort for one is solely absorbed in service, when his heart is purified. Service is worship of the Lord. Never forget this. He who sees Brahman or the Immortal Soul in the spoon, Brahman in the medicine, in the patient, Brahman in the Doctor, Brahman in service—he who thinks or meditates thus while doing service verily reaches Brahman or the Eternal.

CC-0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



The practice of Brahmacharya is very important for spiritual progress. Brahmacharya is the basis for acquiring Immortality. It is itself Divine Life. Brahmacharya brings material progress and psychic advancement. It is a substratum for a life of peace in Atma. It is a potent weapon for controlling the internal Rajasic forces *viz.*, Kama, Krodha, Lobha, etc. It gives tremendous energy and gigantic will power and good Vichara Shakti.

Japa is an important Anga of Yoga or divine life. A Mantra is Divinity. Japa is the repetition of the Mantra or the Names of the Lord. In Kali Yuga practice of Japa alone can give eternal peace, bliss and Immortality. Japa ultimately results in Samadhi or communion with the Lord.

Sankirtan is the singing of Lord's names with faith and devotion. When you sing His names feel that the Lord Hari or Ishta Devata is seated in your heart, that every Name of the Lord is filled with Divine potencies, that the old vicious Samskaras and Vasanas are burnt by the power of the name and that the mind is filled with Sattva or purity, that Rajas and Tamas is completely destroyed, and that the veil of ignorance is torn down. This kind of mental attitude brings the maximum benefit of Sankirtan. It is not the number of Japa or the length of time of Kirtan that counts for spiritual growth but it is the intensity of Bhav with which the Lord's names are sung.

———

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



## SONG OF PREM

(HSB/2722)

Pilathe Pilathe Pilathe Krishna
O Prema Bhar Pyala Pilathe Krishna.
Dekhaja Dekhaja Dekhaja Krishna
O Maduriki Murthi Dekhaja Krishna.
Laghaja Laghaja Laghaja Krishna
Mera Naiyaku Para Laghaja Krishna.
Khilathe Khilathe Khilathe Krishna
Makhan aur Misre Khilathe Krishna.

———

V

**Record No. HSB/2718 & HSB/2721**

## SONG OF CHIDANAND

(HSB/2718)

Chidanand Chidanand Chidananda Hum
Har Halme Almast Satchitananda Hum
Ajaranand Amaranand Achalananda Hum,
Har Halme Almast Sachitananda Hum

Antarai

Nirbhaya aur Nischinta Chidgananda Hum
Kaivalya Kevala Kutastha Ananda Hum
Nitya Suddha Siddha Satchitananda Hum
Knowledge Bliss, Knowledge Bliss, Bliss Absolute,
In all conditions I am knowledge, Bliss Absolute.
I am without old age, without death, without motion,
In all conditions, I am knowledge, Bliss absolute.

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Antarai

I am without fear, without worry Bliss Absolute
Existence Absolute
Knowledge Absolute
Independent, unchanging, non-dual Atma
Immortal Atma
Advaita Atma
Eternal pure, perfect Knowledge, Bliss Absolute
[Chidanand.....]
Sivanand Sivanand Sivananda Hum
Aghadbham wala Aghadbhum wala Akhilananda Hum

Chidanand Chidanand Chidananda Hum
Har Halme Almast Satchitananda Hum.
Nijhanand Nijhanand Nijhanand Hum
Har Halme Almast Satchitananda Hum.

## SONG OF PANDURANGA

(HSB/2721)

Jeya Jeya Vittala Panduranga, Jeya Hari Vittala Panduranga,
Jegannivasa Panduranga, Jegadpathi Panduranga
Sarvantaryami Panduranga, Sarva Antaratma Panduranga
Vyapak Vibhu Panduranga, Vimala Amala Panduranga
Anadhi Ananta Panduranga, Ajara Avinasi Panduranga.
Thy name is a boat, Panduranga, to cross this Samsar, Panduranga,

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Thy Name is a weapon, Panduranga, to destroy this Rakshas—mind Panduranga.
I am pining for Thy grace Panduranga, I am thirsting for Thy mercy Panduranga,
Reveal Thy true form Panduranga, Let me behold it, Panduranga,
Let my mind be fixed, Panduranga, at thy Lotus feet, Panduranga,
Let me utilise this body, Panduranga, in thy service always, Panduranga.
This is my fervent prayer, Panduranga, Do not forsake me Panduranga,
Thou art everything, Panduranga, Thou doest everything Panduranga.
Thou art Just, Panduranga, Thou art Dharma, Panduranga.
Thou art my sole refuge Panduranga, Thou art my father—Guru Panduranga.
Thou art my very Prana, Panduranga, Thou art my very soul, Panduranga,
Panduranga, Panduranga, Panduranga, Panduranga
Pratyaka chetana Panduranga ; Paramartha Tatwa Panduranga.

---

VI

**Record No. HSB/2719/2 & HSB/2724.**

## SONG OF INSTRUCTIONS

(HSB/2719/2)

Mohana Bansiwale tumko lakhou pranam tumko lakhou pranam
Sankar Bholebale tumko lakhou pranam
Tumko Lakhou Pranam pyare kroro pranam.

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Bhajo Radhe Govind
Radhe Govinda Bhajo Radhe Govind,
Radhe Govinda Bhajo Sita Govind
Hari bolo bolo bai Radhe Govind
Hare Krishna Hare Ram Radhe Govind.

Get up at 4 a. m. Brahmamuhurt,
Get up at 4 a. m. Japo Ram Ram,
Get up at 4. a. m. do Brahma Vichar,
Get up at 4 a. m. Enquire Who am I ?
Get up at 4 a. m. practise Yogabhyas,

Observe Mouna daily for two hours,
Fast on Ekadasi, take milk and fruits,

Study daily one chapter of Gita,
Do regular charity, one-tenth income,

Rely on your own self, give up servants,
Do Kirtan at night, have Sat-sangh,

Speak the truth at all costs, preserve Veerya,
Satyam Vada, Dharmam chara observe
Brahmacharya.
Ahimsa Paramo Dharma, love one and all,
Never hurt others' eelings, be kind to all.
Control anger by Kshama, develop Viswa Prem.
Keep daily spiritual diary, you will evolve quickly.
[Hare Krishna Hare Ram..... ]

## SONG OF KANNIAH

(HSB/2724)

Come here, my dear Krishna Kanahai
Me Tere Khatir, Hridaya Andar building Banayi

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Antarai

For you my dear Kaga (Kanga) Udaya,
Sugar-candy butter Sadileri tere Rijhaya
(Curd butter, Sadileri tere Rijhaya)
So much delay, so much delay Tum kyom Laghaya
Me tere Khatir Hridaya Andar Building Banayi,
Remembering everyday Asu Bahaya
Come to house my dear Arati Phiraya,
Why far, why far Rahe Kanahai
Me tere Khatir Hridaya Andar building Banayi.
[Come here my dear.....]

———

VII

**Record No. HSB/2725 & HSB/2723.**

## SONG OF A KARMA YOGIN

(HSB/2725)

Hari ki Premi Hari Hari Bolo
Avo Pyare Milker Gawo
Hari charaname Dhyana Laghavo
Dukhme Sukhme Hari Hari Bolo
Abhiman Tyago Seva Karo
Narayan Narayan Narayan Narayan.

Give up Brahmin, Sannyas Abhiman,
Give up male-female, sex Abhiman

Give up doctor, judge Abhiman,
Give up Rajah, Zamindar Abhiman

Relinquish Pundit, Scientist Abhiman
Crush this Professor, Engineer Abhiman
Kill this Collector, Tahasildar Abhiman,

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Kill this Vairagya, Seva Abhimana
Kill this Tyagi, Kartrutva Abhimana.
[Narayan Narayan.....]

Remember always Hari Hari Hari Hari,
Sing always Sita-Ram, Radheshyam,
See God in Every face,
Share what you have with others.

Develop nicely adaptability
Serve always with Narayana Bhav.

Scrutinize always your inner motives
Work without egoism,
Cultivate the Nimmitta-Bhav,
Give up expectation of fruits.

Surrender always fruits to the Lord,
Have equal vision and balanced mind.

Selfless work will purify your heart,
Then you will get knowledge of Self.
[Narayan Narayan.....]

## SONG OF DIVINE LIFE

(HSB/2723)

Gopala Gopala Muralilola
Yesoda Nandana Gopibala.

Serve, love, give, purify, practise Ahimsa.
Satyam, Brahmacharya, (take Sattvic food) Study Gita;

Have Sat-sangh[2], control senses, do Japa Kirtan
Meditate in Brahmamuhurta[1], Know Thyself.

---

Abhimana is egoism. Nimitta-bhav is the feeling that "I am the instrument in the hands of God"

1. 3-30 to 5-30 A.M. 2. Company of the wise.

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Love all, embrace all, be kind to all,
Work is worship, (serve all) serve the Lord in all,

Purify, concentrate, reflect, meditate,
Know the Self through enquiry, "Who am I ?"

Purify, concentrate, reflect, meditate,
Serve, love, give and be dispassionate ;
Know Brahman, Maya, Samsar[1] and "I",
Behold the Goal of life, He Saumya[2] nearby.

[Gopala Gopala..... ]

---

VIII

**Record No. HSB/2726 & HSB/2727.**

## SONG OF IMMORTALITY

(HSB/2726)

Ram Ram Ram Ram, Jaya Sita Ram, Jaya Jaya Radheshyam.

Turn the gaze, draw the Indriyas[3],
Still the mind, sharpen the intellect ;
Chant OM with feeling, meditate on Atma,
Chant Ram with feeling, meditate on Sitaram
Chant Shyam with feeling, meditate on Radheshyam
O Children of light, will you drink not,
Won't you drink not, the Nectar of Immortality ?

[Ram Ram.....]

---

1. World's process. 2. O my dear child.
3. The Senses.

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



All Karmas (are) burnt now,
You have become a Jivanmukta[1] ;
That blessed state Turiyatita[2]
No words can describe,
O Children of Light, will you drink not,
Won't you drink not, the Nectar of Immortality ?
[Ram Ram... .....]

The grass is green, the rose is red,
And the sky is blue ;
But the Atman is colourless,
Formless and Gunaless too,
O Children of light, will you drink not,
Won't you drink not, the Nectar of Immortality ?
[Ram Ram.....]

Life is short, time is fleeting,
The world is full of miseries ;
Cut the knot of Avidya[3],
And drink the sweet Nirvanic bliss,
O Children of Light, will you drink not,
Won't you drink not, the Nectar of Immortality ?
[Ram Ram.....]

Feel the Divine Presence everywhere,
See the Divine glory all-round ;
Then dive deep into the Divine source,
Realise the infinite Bliss,
O Children of Light, will you drink not
Won't you drink not, the Nectar of Immortality ?
[Ram Ram .....]

---

1. A liberated Sage.
2. The fourth state of Super-consciousness.
3. Ignorance.

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Do Asan[1], Kumbak[2], Mudra,
Shake the Kundalini[3] ;
Then take it to Sahasrar[4]
Through Chakras[5] in the Sushumna,
O children of light, will you drink not,
Won't you drink not, the Nectar of Immortality ?
[Ram Ram.....]

## KIRTAN : NARAYANAM BHAJE

(HSB/2727)

**Saguna**

Narayanam Bhaje Narayanam Bhaje, Narayanam Bhaje Narayanam

Ram Ram Ram Ram Ram, Ram Ram Ram Ram Ram, Ram Ram Ram Ram Ram, Ram Ram Ram

Rama Krishna Hari, Rama Krishna Hari, Rama Krishna Hari, Ram Ram Ram.

Radha Krishna Hari, Radha Krishna Hari, Radha Krishna Hari, Shyam Shyam Shyam.

Shambo Sadasiva, Shambo Sadasiva, Shambo Sadasiva, Bhum Bhum Bhum

Shambo Shankar Hara, Shambo Shankar Hara, Shambo Shankar Hara Mahadeva,

Gouri Shankar Hara, Gouri Shankar Hara, Gouri Shankar Hara Sadasiva

Raja Rajeswari, Raja Rajeswari, Raja Rajeswari Mahaeswari,

Adi Shakti Siva, Vishnu Shakti Hari, Brahma Shakti Maha Sarawati

[Narayanam Bhaje.....]

---

1. Pose.
2. Retention of breath.
3. The primordeal energy that is dormant in the Muladhara Chakra.
4. Thousand petalled lotus at the crown of head.
5. A centre of divine energy.

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



**Nirguna**

Om Om Om Om Om, Om Om Om Om Om,
Om Om Om Om Om, Om Om Om.
Om Soham Sivoham, Soham Sivoham, Soham
Sivoham, Sivoham.
Soham Sivoham, Aham Brahmasi, Sat-chit-ananda
Swarupa Brahmoham.
Atma Brahma Swarupa, Chitanya Purusha,
Tejomayananda Tat-Twan-Asi Lakshya,
Satyam Sivam Subham Sundaram Kantam, Sat-
chitananda Sampoorna (Sukham) Santam
Pragyanam Brahma, Aham Brahmasi, Tat-Twam
Asi, Ayamatma Brahma,
[Om Om Om Om Om.....]
Narayanam Bhaje Narayanam Bhaje, Narayanam
Bhaje Narayanam.

———

IX

**Record No. HSB/2738 & HSB/2740**

## YAJNAVALKYA MAITREYI SAMVAD

Brihadaranyaka Upanishad
(HSB/2738)

OM OM OM

"Maitreyi" said Yajnavalkya, the greatest seer and sage, "verily I am going away from this house into the forest to enter another order of life (Sannyasa); therefore let me divide my property between you and Katyayani."

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Maitreyi said, "My venerable Lord, if this whole world with all its wealth belongs to me, tell me, could I attain immortality truly ?"

"No" replied Yajnavalkya, "like the life of rich people will be your life. But there is no hope of obtaining immortality by wealth."

Maitreyi said ' Of what use would be wealth to me, if I do not become thereby immortal ? Tell, you O venerable Lord, any means of attaining Immor tality of which thou knowest."

Yajnavalkya replied : "Come, sit down, My beloved Maitreyi, I will explain it to thee ; try to understand well that I say."

Yajnavalkya said : "Verily not indeed for the husband's sake the husband is dear, but for the sake of the Self the husband is dear. Verily not indeed for the wife's sake the wife is dear, but for the sake of the Self, the wife is dear. Verily not for the sake of the son, the son is dear but for the sake of the Self, the son is dear. Verily, this Immortal All-pervading (Atma or Brahman) is to be seen, heard, reflected and meditated upon, O Maitreyi ; Atma va area drashtavyo Srotavyo Mantavyo Nididhyasi-thavyo.

"O Maitreyi ; when there is quality, then one sees the other, on smells the other, one tastes the other, one salutes the other, one speaks to the other, one hears the other, one touches the other, one knows the other · but when the Self or Atma only is all this,

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



how could one see the other, how could he smell the other, touch the other, know the other. How could he know Him by whom he knows all this ? That Self is to be descriped by "No, No (Neti, Neti). Atma or the supreme Self is imperishable, He is free, and unattached. He is not subject to pain or destruction. How could one know the knower ? Thus, O beloved Maitreyi, thou hast been instructed."

Having said this, Yajnavalkya went to the forest.

## OM CHANTING AND KIRTAN

(HSB/2340)

Om Om Om Om Om Om Om
Om Om Om Om Om Om Om
Om Om Om Om Om Vichara,
Om Om Om Om Bhajo Omkar.

[Om Om.....].

———

X

**Record No. HSB/2742 & HSB/2746**

## SONG OF AGADA BHUM

(HSB/2742)

Agadabhum Agadabhum Bhajo Damaru
Nache Sadasiva Jegata Guru,

Antarai

Nache Brahma Nache Vishnu Nache Mahadev
Kappar Leke Kali Nache Nache Adi Dev,
Agadabhum Agadabhum Bhajo Damaro
Nache Sadasiva Jegata Guru.

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



## SIVA NAMA KIRTAN

(HSB/2746)

Sivaya Namah Om Sivaya Namaha ;
Siva Siva Siva Siva Sivaya Namah Om,
Hara Hara Hara Hara Namasivaya
Siva Siva Siva Siva Sivaya Namah Om,
Bum bum bum bum Namasivaya.
Siva Sambasadasiva Sambasadasiva,
Sambasadasiva Sambasiva.
Siva Siva Sankara, Hara Hara Sankara,
Jeya Jeya Sankara, Namami Sankara.
Om Nama Sivaya, Om Nama Sivaya,
Om Nama Sivaya, Om Nama Sivaya.
[Sivaya Namah Om.....]

———

XI

**Record No. HSB/2739 & HSB/2745**

## RAJA RAMA KIRTAN

(HSB/2739)

Raja Rama Rama Ram, Sita Rama Rama Ram
Antarai
Raja Rama Rama Ram, Sita Rama Rama Ram
[Raja Rama.....]
Shyama Shyama Radhe Shyam, Radha Krishna
Radhe Shyam
Antarai
Shyama Shyama Radhe Shyam, Radha Krishna
Radhe Shyam
[Raja Rama.....]

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



He Rama Jeya Rama Sita Rama Rama Ram
He Rama Jeya Rama Sita Rama Rama Ram
He Rama Rama Jeya Rama Rama Sita Rama Rama Ram
He Shyama Jeya Shyama Ghanashyama Radheshyam
He Shyama Jeva Shyma Ghanashyama Radheshyam
He Shyama Jeya Shyama Ghanashyama Radheshyam
He Shyama Shyama Jeya Shyama Shyama Ghana Shyama Shyama Radheshyam
[Raja Rama.....]

## SONG FOR DEVELOPING WILL

(HSB/2745)

Bhajo Radhe Krishna, Bhajo Radhe Shyama
Om Om Om Om Om— Om Om Om Om Om
Soham Soham, Soham Sivoham
Will is Atmabal, will is dynamic
Have a strong will, and realise Atma.
Your will has become weak, through various desires,
Destroy them to the root, by Vivek Vairag Tyag.
My will is powerful, I can blow up mountains,
I can stop the ocean waves, I can command elements.
I can command Nature, I am one with Cosmic will,
I can dry up ocean, like Muni Agastya.
[Bhajo Radhe Krishna, Bhajo Radhe.....]

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS


My will is pure and strong, no one can resist,
I can influence people, I always get success.
I am hale and hearty, I am always joyful,
I radiate joy and peace, to million distant friends.

I can give Samadi by simple gazing,
I can do Shakti-Sanchar by mere Sankalpa.
I am Yogi of Yogis, I am emperor of emperors,
I am king of all kings, Shah of all Shahs.
I can elevate aspirants by simple Master's touch,
I can work wonders by the power of Sat-sankalpa.
I can heal millions from a long distance,
This is due to will, therefore develop will.

[Bhajo Radhe Krishna Bhajo.....]

Give up Vasanas, and think of Atma,
This is the royal way to develop your will.
Keep up diary, give up cares and worries,
Do simple Tapas, and develop attention.
Develop patience and have command of temper,
Control the Indriyas and practise meditation.
Have power of endurance and practise celibacy,
All these will help you to develop your will.
Bhajo Radhe Krishna, Bhajo Radhe Shyama
Om Om Om Om Om, Om Om Om Om Om.

[Bhajo Radhe Krishna.....]

———

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



XII

**Record No. HSB/2741 & HSB/2747**

## SONG OF BLISS

(HSB/2741)

Anandoham Anandoham, Anandam Brahma–nandam,

Sacharachara Paripoorna Sivoham,
Sahajananda Swaroopa Sivoham,

Vyakta Chetana Atma Sivoham,
Vyapaka Vyakta Swaroopa Sivoham,

Nitya Sudha Nirayaya Soham,
Nityananda Niranjana Soham,

Akhandekarasa Chinmatroham,
Bhumanda Swaroopa Sivoham,

Asangoham Advaitoham,
Vijnanaghana Chaitanyoham.

Nirakara Nirguna Chinmayoham,
Suddha Sachitananda Swaroopoham.

Asanga Swaprakasa Nirmaloham,
Nirvishesha Chinmatra Kevaloham.

Sakshi Chetana Kutastoham,
Nitya Mukta Swaroopa Sivoham.

(Anandoham Anandoham..... ...)

## SANG OF ARATI

(HBS/2747)

Jeya Jeva Arati Venu Gopala,
Venugopala.....Venu Lola
Papa Vidura—Navanita Chora,
(Jeya Jeya Arati...Venu Gopala)

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Jeya Jeya Arati Venkataramana.
Venkataramana Sankata Harana,
Sita Rama Radhe Shyma.
Jeya Jeya Arati Venkataramana,

Jeva Jeya Arati Gauri Manohara
Gauri Manohara...Bhavani Sankara,
Samaba Sadasiva...Umamaheswara.
Jeya Jeya Arati Gauri Manohara.

Jeya Jeya Arati Rajeswari,
Rajeswari Tripura Sundari,
Maha Saraswati—Maha Lakhsmi
Maha Kali—Maha Laksmi.
Jeya Jeya Arati Venu Gopala.

———

XIII

**Record No. HSB/2743 & HSB/2744**

## SONG OF UPNISHADS

(HSB/2743)

He Ramachandra, Brindavana Chandra,
Eko Deva Sarvabhuteshu Gudha,
Sarva Vyapi Sarva Antratma
Karmadhyaksha Sarva Bhutativasa
Sakshi Cheta—Kevalo Nirgunascha.
Eko Deva Satva Bhutesha Gudha,

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Soham Sivoham Siva Kevaloham
Sambo Sankara, He Maha Deva
God is one Brahman is one
He is hidden in all beings,
Like butter in milk—like fire in wood,
Like mind in brain—like oil in seed,
All-pervading—the self of all beings

Eko Deva, Sarva Bhuteshu Gudha.

Satyena Labhya—Tapasa hi esha Atma
Samyag Gyanena—Brahmacharyena Nityam
Antah Sareer—Jyotir Mayo hi Subhro
Yam Pasyanti Yataya—Ksheena Doshaaha
Eko Deva Sarva Bhuteshu Gudha.

This Atma is attained by practice of Truth-tapas
By Nirvikalpa Samadhi—by practice celibacy
Inside the body—resplendent pure Atma
The anchorites behold—who are free from defects
Eko Deva Sarva Bhuteshu Gudha.

Satyam Gyanam—Anantam Brahaman
Purushottama—Paramatma,
Adrishtam Avyavaharyam—Agrahyam Alakshnam,
Achintyam Avyapadeshyam—Santam Advitam

Eko Deva Sarva Bhuteshu Gudha.

## SONG OF NANDLAL

(HSB/2744)

Mere Ankhome Baso Mere Nandlal
Mere Nandlal Mere Pyarelal,

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS



Mere Haridayme Baso mere Nandlal

Rama—Rama Hari Sita Ram,

Sita Sita Ram, Radhe Radhe Shyam
Hari Sita Ram, Hari Radheshyam,
Lakshmi Narayan, Sriman Narayan
Hari Om Narayn, Bhadri Narayan
Sambo Sankara, Namasivaya

[Mere Ankhome Baso... ....]

Kindle the light of love in your heart,
Include all creatures in the embrace of your love
Develop cosmic love, shed tears of Prem

[Mere Ankhome Baso.....]

Soham Soham Sivoham—Sivoham Sivoham

Wake up from this long dream of illusory forms
Give up the clinging to false names and forms
Love your Atma, live in Atma
Feel the Majesty of your own inner Self,
Kill egoism, kill Raga-Dwesh
Kill cunningness, slay crookedness

Soham Soham Sivoham—Sivoham Sivoham Sivoham

---

Printed and published by Nijabodha, Secretary,
Divine Life Society, Rikhikesh, at the
Mercantile Press, Lahore.

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi

Digitization by eGangotri and Sarayu Trust. Funding by MoE-IKS

## THE DIVINE LIFE SOCIETY, RIKHIKESH

### Members

To enable the members of the Society to come in close touch with the activities of the Society, Annual Membership Fee of Rupee ONE is introduced from the year 1941. The members will get a copy of the Annual Report and all circulars, important news and the proceedings of the Society from time to time. All are requested to become members of the Divine Life Society. On receipt of the Annual Fee, a Membership Card will be issued with the serial number, name and address of the Member.

* * * * *

### FREE PUBLICATIONS

Srimad Bhagavad Gita in parts of 3 Chapters and other pamphlets and leaflets containing spiritual instructions will be sent FREE to those who send Rs. 2/- towards forwarding charges for a period of one year.

* * * * *

### BIRTHDAY SOUVENIR—VOL. THIRD—1940.

The Special Birthday Supplement is now ready. Contains articles on the life and teachings of Sri Swami Sivanandaji and the details of the Fifty-fourth Birthday Celebrations. Price annas four (Postage free).

* * * * *

All correspondence and remittance should be addressed to :

*The Secretary,*
**DIVINE LIFE SOCIETY,**
**Ananda Kutir Post. RIKHIKESH.**

CC0. In Public Domain. Sri Sri Anandamayee Ashram Collection, Varanasi